

# Helpful Substance Abuse Resources for Youth & Families as of 2.4.14



These resources can also be accessed at

<http://www.edline.net/pages/ReadingPublicSchools/Community/RCASA>

## Not sure where to start?

- Julianne DeAngelis, Outreach Coordinator, Reading Coalition Against Substance Abuse  
Reading Police Department, 15 Union St, 2nd floor, Reading  
Ph: 781-942-6756, Email: [jdeangelis@ci.reading.ma.us](mailto:jdeangelis@ci.reading.ma.us)

## Behavioral Health in Reading Public Schools

- Sara Burd, Behavioral Health Coordinator, [sara.burd@reading.k12.ma.us](mailto:sara.burd@reading.k12.ma.us)

## Insurance eligibility

- Health Care For All: [www.hcfama.org](http://www.hcfama.org), 617-350-7279
- Most insurers provide a phone number on the back of the membership card to get more information on which behavioral health services/programs are allowed.

## State Hotline

- Call 1-800-327-5050 or visit MA Substance Abuse Education and Information Helpline  
<http://www.helpline-online.com/>

## Outpatient Counseling (local area)

- Riverside Outpatient Center (mental health counseling services)- Wakefield, 781-246-2010, [www.riversidecc.org](http://www.riversidecc.org)
- Hallmark Health (Community Counseling Services)- Melrose/Medford/Malden, 781-979-3315, <http://www.hallmarkhealth.org/Behavioral-Health/Psychiatric-Services.html>
- Arbour Counseling- Woburn/Malden, 781-322-1503, [www.arbourhealth.com/counseling.htm](http://www.arbourhealth.com/counseling.htm)
- Lahey Health Behavioral Services- 1-978-968-1700, [www.nebhealth.org](http://www.nebhealth.org)
- South Bay Mental Health- Malden/N. Reading locations, Liz Yoder, 1-978-542-1951, <http://www.southbaymentalhealth.com>
- Psychological Care Associates- Stoneham 781-646-0500, [www.psychologicalcareassociates.org](http://www.psychologicalcareassociates.org)
- Riverway Counseling Associates- Medford, 781-395-1560, [www.riverwaycounseling.net](http://www.riverwaycounseling.net)
- Somerville Mental Health- Somerville, 617-623-3278, [www.somervillementalhealth.org](http://www.somervillementalhealth.org)
- CASPAR- Somerville, 617-628-3850, [www.casparinc.org](http://www.casparinc.org)
- Team Coordinating Agency, Inc.- Wilmington, 978-694-9997, [www.teamca.net](http://www.teamca.net)
- Right-Turn-Arlington, MA, 781-646-3800, [www.right-turn.org](http://www.right-turn.org) (including adolescent assessments)

## Substance Abuse and Dual Diagnosis Interventionists

- Association of Intervention Specialists- [www.associationofinterventionspecialists.org](http://www.associationofinterventionspecialists.org)
- Woody Geissmann, Arlington, MA, 781-646-3800, [www.right-turn.org](http://www.right-turn.org)

- Danny Lynch, Norwell, MA, 781-878-9809, [www.lynchwellness.com](http://www.lynchwellness.com)
- Robert Montgomery, Woburn, MA, 781-938-1138

### **Local Support Groups**

- Al-Anon/Alateen- For friends & family (anonymity is the spiritual foundation of our program). Meetings are free on Sundays, 4 pm @ Reading Police station. For info, call (508) 366-0556 or [ldcofma@aol.com](mailto:ldcofma@aol.com)
- Families Anonymous- Medford, 800-736-9805, [www.familiesanonymous.org](http://www.familiesanonymous.org)
- Learn to Cope- For parents and family, [www.learn2cope.org](http://www.learn2cope.org)
- Parents Helping Parents, Parents Anonymous, and Parental Stress Line- 800-632-8188, [www.parentshelpingparents.org](http://www.parentshelpingparents.org)
- AA Young People Meetings- Meetings at St. Charles in Woburn (Sat-12 noon) and First Baptist in Stoneham (Fri.-8 pm), <http://www.aa.org/>

### **Substance Abuse & Mental Health Treatment**

*The following 2 sites allow you to search by city, state and region for treatment programs.*

- Substance Abuse Treatment Locator [www.findtreatment.samhsa.gov/](http://www.findtreatment.samhsa.gov/) or call SAMHSA's 24-Hour Toll-Free Treatment Referral Helpline at 1-800-662-HELP (1-800-662-4357).
- Mental Health Services Locator [www.mentalhealth.samhsa.gov/databases](http://www.mentalhealth.samhsa.gov/databases)
- Dept. of Health and Human Services/info and treatment finder: [www.mentalhealth.gov](http://www.mentalhealth.gov)

### **In-Patient Substance Abuse and Mental Health Services**

*Some units may not have adolescent beds, please ask when calling or work with your primary care provider or counselor to access detox or in-patient behavioral health resources.*

- Childrens Hospital Adolescent Substance Abuse Program- 617-355-2727, [www.childrenshospital.org](http://www.childrenshospital.org)
- Whidden Hospital- Everett, 617-591-4227 [www.challiance.org/whidden](http://www.challiance.org/whidden)
- McLean Hospital- Belmont, 617-855-2000 [www.mclean.harvard.edu](http://www.mclean.harvard.edu)
- Bournewood- Brookline, 800-468-4358 [www.bournewood.com](http://www.bournewood.com)
- Balcpate- Georgetown, 978-352-2131 (requires crisis team evaluation prior to admission)
- Adcare Health System- 1-800-ALCOHOL, [www.adcare.com](http://www.adcare.com)

### **Other types of treatment:**

Executive Home Detox- 1-888-933-8699, [www.executivehomedetox.com/](http://www.executivehomedetox.com/)

### **Drug Testing\***

Reading Health Center: *ON* site urine collection – Unsupervised

Call for instructions at 781-944-6644, location: 20 Pond Meadow Drive, Reading, MA

*\*More testing sites listed @ [www.edline.net/pages/ReadingPublicSchools/Community/RCASA](http://www.edline.net/pages/ReadingPublicSchools/Community/RCASA)*

### **Post-Treatment High School (Substance Abuse and Dual Diagnosis)**

- Northshore Recovery High School [www.nsedu.org/page14.html](http://www.nsedu.org/page14.html)

### **Info for Parents/Families**

- U.S. Substance Abuse & Mental Health Services News <http://www.samhsa.gov/>
- National Families in Action [www.nationalfamilies.org/find-treatment.html](http://www.nationalfamilies.org/find-treatment.html)
- The Partnership at Drug Free [www.timetotalk.org](http://www.timetotalk.org) or <http://www.drugfree.org>
- The Partnership For A Drug Free America [www.justthinktwice.com](http://www.justthinktwice.com)
- National Institute on Drug Abuse [www.drugabuse.gov](http://www.drugabuse.gov)
- National Alliance on Mental Health [www.namimass.org](http://www.namimass.org)